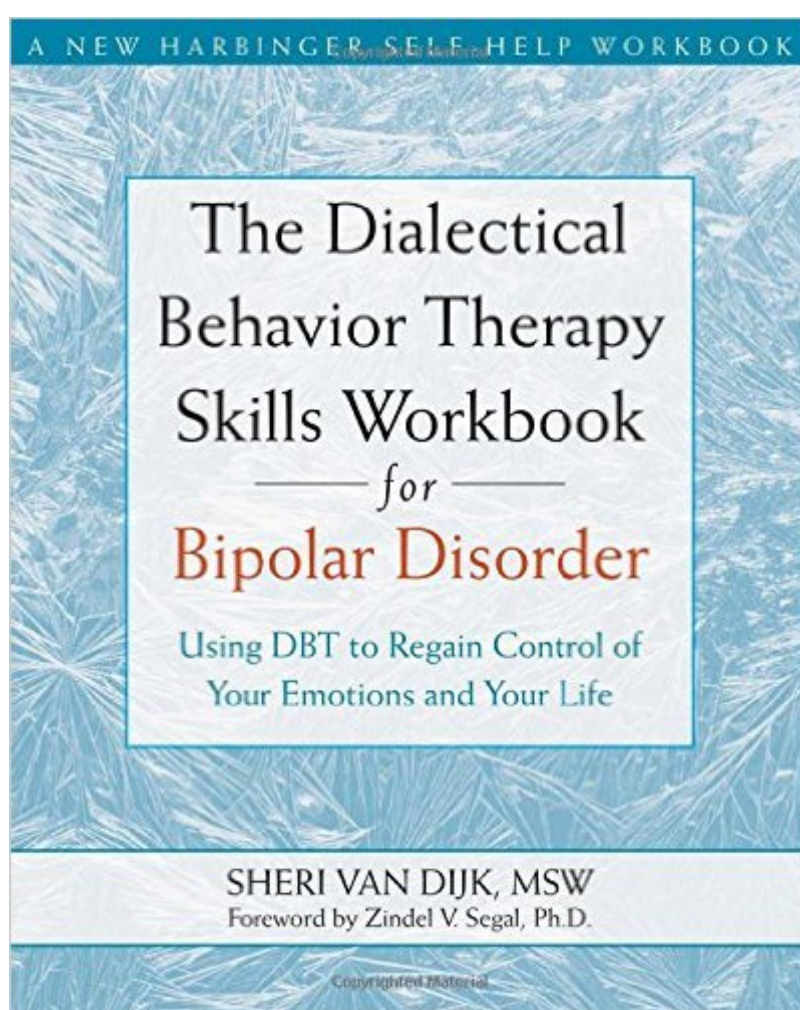


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# The Dialectical Behavior Therapy Skills Workbook For Bipolar Disorder: Using DBT To Regain Control Of Your Emotions And Your Life (New Harbinger Self-Help Workbook)



## Synopsis

Even if you've just been diagnosed with bipolar disorder, it's likely that you've been living with it for a long time. You've probably already developed your own ways of coping with recurring depression, the consequences of manic episodes, and the constant, uncomfortable feeling that you're at the mercy of your emotions. Some of these methods may work; others might do more harm than good. The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder will help you integrate your coping skills with a new and effective dialectical behavior therapy (DBT) plan for living well with bipolar disorder. The four DBT skills you'll learn in this workbook—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—will help you manage your emotional ups and downs and minimize the frequency and intensity of depressive and manic episodes. By using this book in conjunction with medication and professional care, you'll soon experience relief from your bipolar symptoms and come to enjoy the calm and confident feeling of being in control. Learn mindfulness and acceptance skills Cope with depressive and manic episodes in healthy ways Manage difficult emotions and impulsive urges Maintain relationships with friends and family members

## Book Information

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## Customer Reviews

The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder is an excellent resource for anyone interested in learning more about the complex challenges in the treatment of Bipolar Disorder. Van Dijk writes in plain language with descriptive headings, straightforward case study

stories and includes many valuable guided exercises. She clearly breaks down dialectical behavior therapy skills as they apply to the wide range of symptoms of Bipolar Disorder. Using a creative practical approach to mindfulness, Van Dijk gently encourages the practice of present moment awareness of symptoms, thoughts, feelings and sensations. She validates the difficulty of practicing mindfulness, along with the many life enhancing benefits that come with gaining control of your mind. The book effectively illustrates the direct connection between judgments and emotions. It provides a simple framework to work with intense emotional experience from the triggering event right through to the action urge and aftereffects. It also provides excellent exercises to separate facts from judgments and to explore the power of language in helping foster a nonjudgmental stance. Van Dijk takes a compassionate approach to help people struggling with Bipolar Disorder gain control of their emotions and behave in more life affirming ways. She effectively teaches how to use skills to develop insight, heal relationships and reduce impulsive behavior. The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder is a valuable tool in engendering hope for patients, families and clinicians working in this field.

This is very user friendly workbook that is empathically written. It provides a clear explanation of the variety of symptoms experienced by people coping with bipolar disorder, or any of the broad range of symptom intensities related to this disorder. It offers a clear presentation of a very useful and practical approach, Dialectical Behavior Therapy, that fosters the development of one's best abilities to manage difficult, problematic moods, urges and behaviors. Dialectical Behavior Therapy is a creative blend of cognitive behavior therapy and mindfulness approaches. Mindfulness approaches develop necessary awareness, compassionate acceptance of what is, and progressive skills (including distress tolerance, emotion regulation and interpersonal effectiveness skills) so that one can enjoy healthier functioning and easier achievement of one's realistic goals. Many personal stories richly illustrate the important points being presented. There are wonderfully clear explanations on how to foster more positive and effective relationships. For family and friends wishing to helpfully assist a loved one develop maximum functioning there are highly useful guidelines. Also provided are many additional good resources including books, websites and organizations. The use of this workbook along with ongoing medical and professional care will help one gain progressive relief from bipolar disorder. *The Bipolar Workbook for Teens: Dbt Skills to Help You Control Mood Swings (Instant Help)*

I have bipolar and recently did a year and half of DBT therapy. I bought this book to help me solidify

the many skills I learnt (I think it may be the only book on DBT for bipolar on the market?) but as it turns out the notes I made while in therapy are more useful and I have found this book pretty bland to read. I was disappointed to see the section on "acting opposite" was very short. I think this book probably would be ok in a setting where the book is literally being used as a workbook by a bipolar patient of a psychiatrist or psychologist who is qualified to do DBT but the way I was taught DBT was so perfectly adapted to my headspace that I think I would have found this book annoying had I used it in that context. A good therapist who is really intimate with DBT (such as I had) will not need this workbook and I really don't think DBT is something you can just learn out of a book - in therapy you will see how DBT skills can be used in your life. If one was to just use the book without therapy I suppose it would be better than nothing but I suspect one's understanding of DBT would be pretty shallow. If someone with bipolar wants to do DBT I suggest they get a good therapist who really understands DBT and check out some of the great DBT websites that are around. As a book to understand bipolar it is not terrible but there are definitely better books out there. This book is not a bad adjunct to DBT skills for bipolar patients but it is not quite good enough (in my opinion) to be the central platform upon which DBT is learned.

this workbook is clear, sensitive and very reasonably written. It is useful for the psychologically minded person working with a therapist, as well as for someone trying to do self help on their own. Good clear explanations of the processes and useful tools, and many worksheet type pages to copy and share. good to apply to many people with different types of emotional struggles.

Fits in well with my therapy. It's something extra I can read and work on between sessions that's catered towards people with Bipolar Disorder. Normally Dialectical Behavioral Therapy has been targeted to people with Borderline Personality Disorder, but I've found the therapy has really helped me a lot. It's nice to have a book that ties DBT and Bipolar together.

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